**RUN ADRIAN RUN!**

On **page 16,** read about Athlete of the Week Adrian Walsh '16 dusting her competition.

**A CALL FOR CHANGE**

See **page 2** for a summary of Angie Epifano's speech on surviving sexual assault.

**AU NATUREL**

Ali Gay '17 takes you inside Tom's Natural Foods on **page 9**.

# THE SPECTATOR

Thursday, Oct. 24 2013

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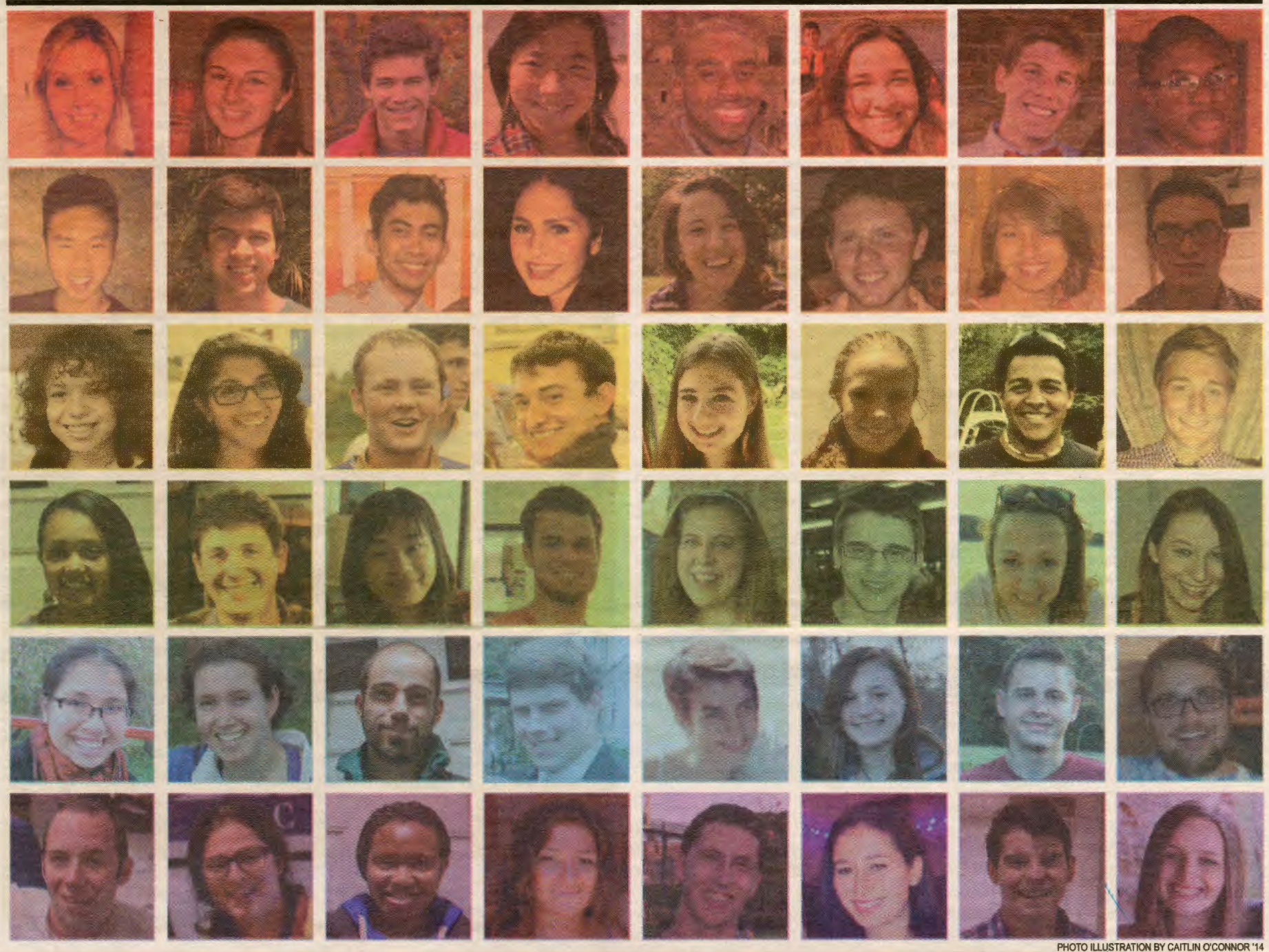

PHOTO ILLUSTRATION BY CAITLIN O'CONNOR '14

**by Charlotte Hough '14**
*Senior Editor*

This year, Hamilton's third annual "Out & Ally List" (page 3) received a record number of total signatures—895. According to Director of Diversity & Inclusion Amit Taneja, the list grew 56 percent from its 573 total signatures in 2012. Taneja believes Hamilton could have one of the largest lists in the U.S.

"As a percentage, I would be shocked if we were not…the biggest list period, across the country," he said, noting that he has not yet been able to verify this assertion.

While no national database exists on the out and ally lists that American college campuses publish each year, a comparison of Hamilton with its neighbor to the west, Syracuse University, is illuminating. In 2012, Syracuse published a "You are not alone" list on National Coming Out Day in support of the LGBTQ community that garnered only around 400 signatures. The campus is home to 21,000 students, making its student body about eleven times the size of Hamilton's.

Unlike Syracuse's list, Hamilton's is broken into two sections. Hamilton students, alumni and faculty have the option of signing the "out" list, identifying themselves as members of the LGBTQ community. Those who sign the "ally" list declare themselves allies to LGBTQ individuals at Hamilton, promising to actively support their rights "to live and learn in an environment free of harassment and discrimination." This year's out list grew to 60 students, up 46 percent from 2012, and the ally list skyrocketed to 592 students for an increase of 85 percent.

In the planning stages of the 2013 campaign, Rainbow Alliance co-chair Jose Vazquez '15 set a goal of 1000 signatures. While the list did not reach that number, he was still "very excited" about this year's numbers.

The main role of Hamilton's Rainbow Alliance in coordinating the list was publicity, which Vazquez believes was a stronger effort this year.

"The outreach and marketing this year was fantastic, and I think that really brought us up to almost double the amount of signatures this year," Vazquez said.

The club publicized the list sign-ups through a variety of avenues such as social media, both individual and all-campus emails, and a poster campaign. This year, Rainbow also collected signatures by setting up a table in the Beinecke Student Village where participants could sign their names on a Google Doc using iPads. Hamilton students whom *The Spectator* spoke to noticed this year's increased publicity efforts. Candice McCardle '15 saw more posts on Facebook, and Melissa Segura '14 observed an increase in all-campus e-mails.

Taneja introduced the list to Hamilton when he came to the Hill in 2011 as director of the then newly-established Days-Massolo Center, which promotes diversity and inclusion on the Hill. Similar LGBTQ support lists exist on campuses all across the country, though they are a fairly new trend.

"When I came out in college in 1996, there was no way to figure out who else was queer, and before I had come out, I didn't know who to talk to," said Taneja. "I wish I had something like this."

As Taneja explained, the lists serve as a resource for LGBTQ students, especially those who may be questioning or who may feel unsafe.

"It's a way to share to them that hey, not only are there out people on campus who are here to be supportive if you decide to come out or even if you're questioning… but that there are also allies who are doing work to make the campus a safe space," Taneja said.

Rainbow Alliance e-board member Doug Santoro '14 came out as gay during his freshman fall at Hamilton—a year before Taneja introduced the lists. When he had the option to sign the "out" list his sophomore year, he thought it might put too much emphasis on his sexuality and felt strange about assigning himself to a list.

"I decided to sign it because by signing it I was letting people know that I was out, and that it's okay to be out on this campus," said Santoro.

This year, Vazquez liked that Rainbow decided to focus more heavily on what it means to be an ally. Taneja believes that promising to be an ally signifies "taking it a step further and saying I'm actively pledging to do something."

Levitt Center Leadership Programming Coordinator Sharon Topi signed the list as an ally to make LGBTQ students aware that she is a resource for them. "It's important for me that students know that I'm a supportive person that they can come to. Not just my students… but anybody on campus."

Topi, as well as McCardle and Segura, who also signed the ally list, cited their own personal views of LGBTQ issues as being important as a main reason for signing. Topi noted that the increased visibility of the campaign helped bring her to actually sign.

So what do the 895 signatures mean?

"People are finally paying attention," Topi said, "but also I think people are becoming braver about having their name made public… I do think we're seeing a cultural shift in the direction of acceptance." Santoro agreed that the jump in signatures means "a shift in the campus culture in general," but one that is in part rooted in a shift in U.S. culture.

Ultimately, Taneja values the pledge that signers have made over the increased numbers.

"It's not about a number thing for me," he said. "It's about what commitment people make. I hope that folks who are out continue to provide support to those folks who are new to the coming out process or questioning."

# Epifano discusses rape culture and the need for judicial reform

**by Kate Cieplicki '16**
*News Contributor*

On October 17, 2012, former Amherst College student Angie Epifano published a jarring account of her rape and the college's response to her case in the *Amherst Student* and on the newspaper's companion website. Epifano delivered a talk in the chapel this Monday, almost a year after the publication of her piece. In the Womyn's Center-sponsored lecture, she discussed the widespread response to her article and the need for reform in the way colleges handle rape cases.

She began by examining the question of why her account of sexual assault went viral. "It wasn't my story," said Epifano. It was a detailed, empathetic and thoughtful account that related to hundreds of thousands of survivors across the country. One of every four women and one out of every seven men are sexually assaulted during their college careers, and a vast majority of these incidents are never documented. Epifano also said that 97 percent of sexual assaulters never spend a day in jail. Sexual assault survivors found a spokesperson in Epifano, whose letter portrayed the internal dialogue of a sexual assault survivor.

First there was denial, then self-questioning, then sham. "I thought it was my fault...that I must be a slut" said Epifano, who said she experienced panic attacks in th emonths following the rape. She felt isolated. "I didn't realize that it [rape] happened to other people," or that her rapist had raped other girls.

Amherst's Judicial Action Councill expressed doubt about her case, especially because she did not have a rape kit. She described a UNC student's experience, in which administrators told her, "Rape is like football, and you're the quarterback. Ask yourself: What would you have done differently?" and asked the audience, "Can you handle being told by the school that you're lying about your rape?'

The Judicial Action Board asked Epifano about her intoxication level (she was sober) during the rape and how well acquainted she was with her rapist. She had the impression that had she given one "incorrect" answer, the administration would have dismissed her case entirely.

Not only did Epifano describe the administration's apathetic perspective on sexual assault, she also detailed the school's trivializing advice to girls on how to avoid rape. An all-campus email told first year girls to hide in their rooms during Reunions because the alumni had not been "getting any at bars" in the real world.

Epifano described how the media has also trivialized what rape is "supposed" to look like on college campuses. She described how Katie Couric, when organizing a news segment examining sexual assault on college campuses, only looked for girls raped by Division 1 athletes. Epifano was not raped by an athlete or a frat member. The issue is not what organizations a man is involved with, but rather, a culture that appropriates rape as boys being boys and girls being "sluts." Misconceptions about what a "typical" rape looks like prevent survivors from coming forward because these misconceptions invalidate their experiences.

Epifano works with the organization Know Your Nine, which seeks to educate women about the rights that they have under the Title IX section of the 1972 Education Amendments. She shared some of these rights in her speech. Title IX protects against sex discrimination in any organization funded by the government, thus including colleges. It gives survivors of sexual assault the right to a timely investigation and support system both of which are often denied and obscured by these institutions.

Despite the difficult material covered, the conclusion of Epifano's speech was optimistic.

"The rapists win if we think we're alone" she said. Uniting survivors and opening up discourse around sexual violence lessens the isolating effects of rape and provides suriviors with an opportunity to heal.

AMHERST BATES BOWDOIN COLBY CONNECTICUT COLLEGE

# NESCAC NEWS

**by Brian Sobotko '16**
*News Writer*

## Bowdoin proposes solar power complex

Continuing the NESCAC's growing trend of environmental sustainability, Bowdoin aims to build the largest solar power complex in Maine. According to the College, the complex would be nearly eight times larger than any existing complex in the state. The 1,300-kilowat system would be partially built on the former Brunswick Naval Air Station that Bowdoin recently acquired. Additional solar panels would be installed on the roofs of two of Bowdoin's athletic facilities.

"Our college is proud to propose this significant investment in clean and renewable solar energy," said Bowdoin President Barry Mills. "Our partnership with SolarCity reduces Bowdoin's dependence on fossil fuels and makes sense for the College economically. It also provides meaningful educational opportunities for students and faculty focused on alternative energy and sustainability, and underscores Bowdoin's continuing commitment to the responsible stewardship of our environment."

SolarCity, headquartered in San Mateo, CA would own and maintain the solar facilities on Bowdoin's campus and Bowdoin would purchase the generated power. The school estimates the project will offset about 8 percent of its electric output. This project is part of Bowdoin's goal to become carbon neutral by 2020. Recently, Bowdoin has installed a cogeneration steam turbine in the central heating plant and installed thermal panels on the roof of a dining hall and the Outdoor Leadership Center.

## Williams will host TEDx event

Williams College announced last week that it would host TEDxWilliamsCollege on Jan. 25, 2014. The event will feature talks from six Williams faculty members and three students. The talks will address topics ranging from galaxy collisions, the philosophy of the mind and pop Orientalism. Many of the talks came from ideas explored in tutorials at Williams. In these tutorials, based on a model from Oxford University, a professor guides two students through an in-depth study for a semester. The goal of these courses is to enhance critical thinking skills as students gain a thorough understanding of a topic.

A TEDx event is an independently organized adaptation of the TED program, which is a nonprofit organization devoted to spreading ideas. The audience for the event will be capped at around 100 people in order to promote discussion. Williams will seek to find a cross-section of students, faculty, alumni, staff and other passionate individuals.

MIDDLEBURY TRINITY TUFTS WESLEYAN WILLIAMS

# Campus Safety Incident Report

In an effort to increase Campus Safety's transparency and draw attention to students' dangerous and destructive behaviors, *The Spectator* will publish a selection of the previous weekend's incidents each Thursday. The entire report is available in the online edition of *The Spectator.* Both Campus Safety and *The Spectator* will use their discretion regarding what is published.

**Friday October 11, 2013**

| | |
|---|---|
| 11:52 a.m. | Smoke Detector Activation – Griffin Road Apts |
| 1:46 p.m. | Assist Other Agency – Rudd Health Center |
| 9:17 p.m. | Property Damage – Sadove Student Center |
| 11:15 p.m. | Medical Emergency – Residence Hall |
| 11:23 p.m. | Medical Emergency – Tolles Pavilion |

**Saturday October 12, 2013**

| | |
|---|---|
| 1:11 a.m. | Medical Emergency – Residence Hall |
| 1:16 a.m. | Noise Complaint – Keehn Hall |
| 1:25 a.m. | Medical Emergency – Residence Hall |
| 2:01 a.m. | Fire Alarm Activation – Kirkland Hall |
| 9:03 p.m. | Fire Alarm Activation – Taylor Science Center |
| 10:23 p.m. | Disorderly Conduct – Carnegie Hall |
| 11:54 p.m. | Public Lewdness – College Hill Road |

**Sunday October 13, 2013**

| | |
|---|---|
| 1:42 a.m. | Noise Complaint – Milbank Hall |
| 2:11 a.m. | Assault – Jitney |

# Hamilton College 2013 Out & Ally List

**OUT LIST: We are your fellow students, faculty, staff and alumni who are out as Lesbian, Gay, Bisexual, Transgender, & Queer/Questioning (LGBTQ). We sign this list to give visibility to the LGBTQ community on campus, and give hope to those who might be struggling or questioning their own sexual orientation or gender identity. We want you to know that you are not alone!**

Ada Horne '13 • Adriana Fracchia '14 • Alison Lin '03 • Amber Torres '16 • Amit Taneja • Amy Tannenbaum '10 • Andrew Dykstra • Andrew Gibeley '16 • Andrew Nichols '14 • Angel D. Nieves • Ann Horwitz '06 • Anna Macdonald '15 • Asad Javed '15 • Ben Anderson '14 • Ben Goldman '17 • Carolin M. Chao '17 • Cesar Renero '17 • Chris Lepre '15 • Christina Clark '10 • Claire Hunsinger '13 • Connor D. O'Brien '16 • Craig Latrell • Daniel Reyes '17 • Daniel W. Fulmer '56 • Danny Lustberg '14 • Daphne Assimakopoulos '17 • Dave Trovato '02 • David Morgan '15 • Deborah Reichler • Desiree Cuevas • Doug Santoro '14 • Dyllon Young '15 • Elizabeth Lee • Emi Birch '14 • Emily Kaplan '15 • Emily Warshauer '17 • Erin Lewis '93 • Fred Schwartz '65 • Gary Drum '67 • Gary Edelman '84 • Grace Murphy '16 • Hannah Nekoroski '15 • Heather Montana '07 • Ines Santana '16 • Isabel Kraloff '14 • Jack Black '81 • Jaime Leiva Cabrera '14 • Jake Meserve Blount '17 • Jason Haas '07 • Jennifer Roberts '14 • Joany Lamur '17 • John Hadity '83 • John M. Neufang '81 • Jose Vasquez '15 • Joseph T Flynn '83 • Kate Bennert '12 • Kate Bickmore '15 • Katharine Kuharic • Kelly Foran '16 • Ken Mattsson '87 • Kenneth Lopez '17 • Kevin Rovelli '15 • Kristen Pallen '12 • Lawrence Chua • Leigh Pomeranz '13 • Lisa Fontes '09 • Lisa Lindberg • Liz Slupinski • Lou Root '13 • Lynne Degitz '89 • Maggie Whalen '14 • Mai Tran '14 • Matt Levine '83 • Melanie Sutherland K'79 • Michael Arroyo '14 • Michael Brainerd '65 • Michael Breslin '13 • Michael Pellicane '16 • Michelle Shafer '14 • Minh Nguyen '17 • MJ Lugo '16 • Molly Root '15 • Morgan Biggs '16 • Morgan Lasalle • Nick Zuroski '17 • Nicole Nieslanik '13 • Patty Kloidt • Prianka Imanudin '14 • Quan Wan '14 • Rachel Barek '01 • Rachel Rapoza '10 • RD Eisenhart '11 • Robert Kaplan '76 • Ryan Dorey '15 • Ryan Ong '16 • Sara Erdmann '05 • Sarah Dimakis '17 • Scott Allocco '82 • Scott Comstock '81 • Shaha Zehra '14 • Shelley Haley • Shoshana Keller • Steph Kowell • Stephen Soba '76 • Sunrose Shrestha '14 • Ted Nehrbas '15 • Terri Moise '17 • Thomas Isen '15 • Torian Pope '14 • Trevor Howe • Tyrone Nichols '94 • Will Rusche '13 • Will Schoder '14 • Will Tifft '14 • Wilne Ledesma '15 • Yumi Pak • Yvonne Zylan • Zain Ul-Arifeen '17

**ALLY LIST: We are your fellow students, faculty, staff and alumni who support the rights of LGBTQ individuals to live and learn in an environment free of harassment and discrimination. We commit to working towards creating a fully inclusive & welcoming campus climate. We want you to know that you are valued and supported!**

A. Todd Franklin • Aaron Rogers '17 • Abby Homer '16 • Abby Keim '15 • Abby Quirk '16 • Abhishek Amar • Abi Glasser '15 • Abigail Martin '14 • Abigail Noy '15 • Adam Gwilliam '15 • Adam Van Wynsberghe • Addie Allen '17 • Adrienne Earhart '16 • Ahtesham Khan '17 • Aidan Mitchell '17 • Ajayne Totten '15 • Alana Christopher '14 • Alec Melone '16 • Aleta Brown '17 • Alex Doig '16 • Alex Hollister '17 • Alex Lowy '14 • Alex McCarthy '05 • Alex Reading '16 • Alex Rudow '14 • Alex Smyrnos '14 • Alex Wang '17 • Alexa Horn '17 • Alexa Merriam '17 • Alexa Rosella '17 • Alexandra List • Alexandra Sweet • Alexandria Medellin '17 • Alexandru Hirsu '17 • Ali Crivelli '14 • Alice Henry '14 • Alison Ritacco '14 • Alistair Campbell • Allie Eckert '15 • Allie Forbes • Allie Kerper '15 • Allison Hall '14 • Allison Schuette '16 • Alyssa Womer '13 • Amal Asghar '15 • Amanda Sheff '13 • Amber Denny • Amelia Heller '16 • Amelia Mattern • Amelia Root '14 • Amie Johnson '04 • Amy Appel '13 • Amy James • Amy Resnik '15 • Amy Soenksen '13 • Amy Wright '15 • Ana Abreu '15 • Ana Hernandez '16 • Ana M. Castro Reynoso '17 • Andee Bucciarelli '14 • Anderson Tuggle '14 • Andrea Wrobel '13 • Andrew Jillings • Andrew Mandelbaum '16 • Andrew McWhirter '15 • Andrew Nachemson '15 • Andrew Yates '15 • Angela Gizzi '16 • Angelina Brady '17 • Angelo Moriani '17 • Ann Owen • Anna Jastrzembski • Anna Zahm '13 • Anne Feltovich • Anne Govern '15 • Annie Emanuels '16 • Annie Lindahl '15 • Anthony Jackson '15 • Areej Haroon '17 • Ariel Pimentel '16 • Arthur Williams '16 • Ashleigh Stephan '15 • Ashley King '14 • Ashley Place • Ashley Williams '14 • Ashlie Flood '15 • Ashlyn Razzo '11 • Audrey De Magalhaes '14 • Audrey Love '17 • Audrey Stano '12 • Austin Durham '15 • Ayo Adjibaba '17 • Barbara Britt-Hysell • Barbara Gold • Barbara Perego '17 • Barbara Singhakiat '17 • Becca Butler '17 • Becca Lunt '17 • Becca Rees '16 • Ben Barzilai '16 • Ben Fields '15 • Ben Goffin '15 • Ben Madonia '74 • Ben Perlmutter '16 • Ben Yeo '15 • Benjamin Ligas '14 • Benjamin Widiss • Bethany Campbell "14 • Betsy Jensen • Blaire Frett '16 • Bob Kazin • Bonnie Wertheim '14 • Bradley Gifford '15 • Brady N. R. Sprague '15 • Brandon Wilson '14 • Brenda C Davis • Brendon Kaufman '15 • Brenna Corrigan '14 • Bret Olsen • Brian Marcantonio • Brian Sobotko '16 • Bridget Lewis '16 • Brisa Camacho-Lovell '16 • Bryce Lupoli '16 • Bryce Timm '15 • Burke Paxton '17 • Caitlin Kennedy '16 • Caitlin O'Connor '14 • Calin Trenkov-Wermuth '00 • Callum Thomas '16 • Cam Ha '14 • Cameron Dunne '16 • Cameron Feist • Candice McCardle '15 • Candice Redden • Carina Elfving '16 • Carl A. Rubino • Carly Poremba '15 • Carole Bellini-Sharp • Caroline D'Ambro '15 • Caroline Grunewald '15 • Caroline Harrington '16 • Caroline Kreidberg '17 • Carolyn Mascaro • Carrie Cabush '15 • Carrie Turvey Moores '05 • Catherine Luciani '15 • Catherine M. Daigle '17 • Cathy Brown • Catie Cooper '15 • Cedar Weyker '17 • Charley Allegar '14 • Charlie Ross '17 • Charlotte Andrews '17 • Charlotte Boesch '16 • Charlotte Carstens '16 • Charlotte Gendron '12 • Charlotte Hough '14 • Charlotte Kassimir '15 • Chelsea Merritt '14 • Chelsea Wahl '13 • Cheryl Morgan • Chloe Shanklin '15 • Chris Dudley '15 • Chris Holm '15 • Chris Lockwood '14 • Chris Powell '17 • Chris Willemsen • Christie Westlin • Christiane Gannon • Christine DePasquale • Christine Earl '15 • Christopher De La Cruz '13 • Christopher Labora '16 • Christopher Wallace '17 • Chuck Borton • Cindy Li '17 • Clair Stover '14 • Claire Barton '14 • Claire Gavin '13 • Claire Zurlo '14 • Clare O'Grady '14 • Claudette Ferrone '88 • Codi Reynolds '17 • Colby Atkins '16 • Colleen Roberts Pellman • Connor Morgan '15 • Connor Stevenson '15 • Corin Seguljic '15 • Corinne Smith '17 • Courtney Anderson '15 • Courtney Gibbons • Courtney Hobgood '15 • Courtney Kaplar '16 • Crystal Vilchez '16 • Cynthia Batista '14 • Cynthia M. Fadem '01 • Dan Farina '17 • Dan Mermelstein '14 • Daniel Finger '16 • Daniel O. Lichtenauer '14 • Daniel O'Kelly '14 • Daniela Manzi '15 • Danielle Diforio '08 • Danielle Gauthier '15 • Danielle Nelson '16 • Danny Erichson '16 • Daphney Gaston'16 • David Beauboeuf '14 • David Smallen • David Walden • Deanna Cho '15 • Deanna Nappi '15 • Deanna Perez '14 • Debbie Chen '13 • Deborah Barany '11 • Denise Meza Reyes '16 • Denisse Rodriguez Mota '16 • Dewi Caswell '14 • Divya Seshadri '15 • Dom Veconi '15 • Don Wells '14 • Douglas Raybeck • Dugan Terwilliger '14 • Duo Gong '14 • Eléonore Moncheur • Eliza Geeslin '16 • Eliza Kenney '15 • Elizabeth Comatos '15 • Elizabeth L. Rodriguez '15 • Ellen T. Esterhay '14 • Elliot Greenham '14 • Emily Banzer '15 • Emily Brodsky '14 • Emily Chan '16 • Emily Conover • Emily Eisler '17 • Emily Goldberg '16 • Emily Grund '15 • Emily Malter '15 • Emily Moore '15 • Emily Moschowits '17 • Emily Palen '14 • Emily Pitman '15 • Emily Rivera '16 • Emily Rubinstein '16 • Emily Sears '17 • Emily Sherry '14 • Emma Bowman '15 • Emma Hedley '14 • Emma Laperruque '14 • Emma Reynolds '17 • Emma Sisti '14 • Emma Solis-Cohen '17 • Emma Taccardi '14 • Emma Teach '16 • Emma Wilkinson '16 • Emma Zanazzi '15 • Erica Berg '14 • Erik Antczak '16 • Erika Klar • Erika Marte '15 • Erin Bernard '16 • Erin Casey '15 • Erin Gerrity '15 • Erin Glaser • Erin Luers '14 • Ernest Williams • Esther Cleary '15 • Esther Kanipe • Eudocia Montiel '16 • Evan Haney '14 • Evelyn O'Connor • Evelyn Torsher '17 • Evie Root '14 • Farzad Khosravi '16 • Felicia Tsao '16 • Fiona Glen '17 • Flavia Oliveira '16 • Gabe Mollica '14 • Gabe Skoletsky '16 • Gabriella Sanes '15 • Gaela Dennison-Leonard '16 • Gena Hasburgh • Gina Vargas '17 • Ginny Dosch • Gipper Gailor '15 • Grace Bowers '15 • Grace Ward '17 • Graham Espe '02 • Grant Meglis '14 • Gregory Pierce • Gretchen Fowler '16 • H. 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**The Out & Ally list is published annually in honor of National Coming Out Day on October 11.**

Hamilton
DAYS-MASSOLO CENTER

# Out & Ally List: a growing symbol of support

It is hard to believe that just four years ago there was no Out & Ally List at Hamilton. While the Hill was not necessarily a hostile place in 2010, one cannot ignore the increase in public acceptance for the LGBTQ community that the ever-expanding Out & Ally List has engendered. There were 350 names on the inaugural Out & Ally List in 2011, 573 names on the 2012 list and 895 names on the list this year. The number of signatures on this year's list represents a 156% increase in participation since 2011.

Hamilton's 2013 Out & Ally List had more signatories than Syracuse University's You are Not Alone List—a surprising statistic not only because Syracuse's enrollment is over 10 times the size of Hamilton's, but because Director of Diversity & Inclusion Amit Taneja brought the idea from the university when he arrived at Hamilton three years ago.

Increasing communal support for those of all sexual orientations goes hand-in-hand with Hamilton's official promise to its students to "be accepted for who you are and for what you believe." Moreover, as Taneja astutely noted in an Oct. 20, 2011 interview with *The Spectator*, "These lists give visibility and hope to people who are in the closet, folks who are struggling with or questioning their sexual orientation or gender identity, folks who might feel really lonely." It is our duty as members of a small community to reach out to those who are struggling the most, and the Out & Ally List helps advance that goal.

Of course, the Out & Ally List is, at the end of the day, just a list. What matters far more than signing one's name on an annual list is acting in the spirit of compassion and tolerance on a day-to-day basis. Keep in mind that some of the people who might need the most support are those who still do not feel comfortable enough in the community to sign such a public list.

Nonetheless, limits to lists notwithstanding, the grassroots growth of the Out & Ally initiative has been impressive and inspiring. The two most important organizations behind the effort—the Days-Massolo Center and the Rainbow Alliance—deserve praise for spreading the word about the Out & Ally list to Hamiltonians both on and off the Hill. Amit Taneja, the man who brought this idea to Hamilton three years ago, is due particular commendation.


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2. Letters should be no longer than 500 words. The editors reserve the right to cut off letters at 500 words.
3. Letters submitted anonymously will not be printed.
4. The Spectator reserves the right not to publish any letter it deems inappropriate for publication.
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# Bon Appétit makes top 60 list for college food

**By Elizabeth Rodriguez '15**
*OPINION CONTRIBUTOR*

Maybe my judgment is clouded by the fact that I eat in the same cafeteria everyday, but Eat Local Challenge Day in late September was one of the best dining experiences of my life. In case you missed this wondrous event, Bon Appétit filled the McEwen Courtyard with meals made entirely from ingredients sourced from within 150 miles of its kitchens. Students and professors piled their plates high with Sun Gold tomatoes, roast pork loin, grilled garlic chicken and honeyed raspberries. Apple cider and cheddar cheese claimed their usual spotlight, of course, like old time celebrities on the (chopping) block. Not only was the food delicious, but it was completely local, seasonal and responsible. I had a feeling this was not something that usually happened at colleges across the country, and when Bon Appétit was named in the "*Daily Meal*'s 60 Best Colleges for Food in America" list for 2013, my suspicions were confirmed.

In forming the list, the *Daily Meal* considered the sustainability of each meal, the accessibility and service of each campus dining hall, whether campus dining engaged students with events or nutritional education and student feedback.

In the sustainability front, I have been really impressed by the efforts Bon Appétit has made toward keeping food local and utilizing seasonal ingredients. For example, on the Eat Local Challenge Day alone, local providers including North Star Orchards, Lucky Seven Farms, Evans Farmhouse Creamery, and even our own Community Garden supplied food to the Hamilton community. Plus, on a daily basis, our bagels come from the local Bagel Grove, just a short drive away in New Hartford. However, local food does come with somewhat of a drawback when all of Commons is ready to revolt because of the scarcity of avocados on our plates. Eating local and enjoying sustainable meals will always come with a price, such as having a "limited" selection of food based on seasons and geographic location. As a student concerned with responsible eating practices, I see this as a small price to pay for the peace of mind we get knowing our food's frozen journey does not rival that of Marco Polo. The large amount of student interest in local and sustainable food selection, as shown by the Slow Food and Real Food clubs and Farm to Fork initiatives, are echoed by Bon Appétit. This collaboration between student interest groups and Bon Appétit practices is what makes Hamilton's food service worthy of recognition.

The conversation does not stop there. As a member of the Food Committee, I sit and listen to food complaints and suggestions from students every week and discuss possible solutions with the Bon Appétit staff. We also review the "comment cards" students write in the dining halls. (To the person who asks for hash browns at every meal, give it up already.)

In all seriousness, I have been very impressed by the manner in which Bon Appétit takes suggestions and truly tries to make changes in the dining halls based on student feedback.

Roasted Acorn Squash
With Brown Butter And Honey
Acorn Squash, Butter, Honey, Salt
Sautéed Green Beans
And Sungold Tomatoes
Green Beans, Sungold tomatoes
Salt, Organic Sunflower Oil GF
PHOTO COURTESY OF NANCY L. FORD

**The Eat Local Challenge Day picnic featured locally and sustainablyproduced**

For example, students complained about the lack of healthy options at Diner B at the last Food Committee meeting. I suggested an egg-white breakfast burrito and was amazed that it was accepted with such ease and is now offered at the Diner. The difficulty lies in trying to appease student's palates for tropical fruit in the dead of winter while respecting Farm to Fork practices. Again, the tension between maintaining local food and enjoying wide food selection continues. As the Hamilton community gains a greater awareness about food practices, which I think is already pretty strong, perhaps Bon Appétit "comment cards" will start dwindling.

My only "comment card" would veer away from the food itself and focus more on the logistics of the dining experience. Ironically, Commons' tragedy is somewhat like the tragedy of the commons, which I debate when forks run out or when there is no more coffee right after dinner.

Nevertheless, Commons and McEwen make considerable efforts to provide variation in the food and respect allergies, such as gluten intolerance. I think the next step is for students to start respecting the dining halls in return. I know everyone is in a rush, but dipping the peanut butter spoon in the cream cheese "by accident" is never okay in my book. As Bon Appétit aims to enhance our dining experience, we should follow suit.

With all this said, much congratulations to Bon Appétit for its high rankings by the *Daily Meal*. There is still a ways to go, but we have created a pretty great foundation on which to start. I highly encourage everyone to attend Food Committee meetings and continue writing "comment cards" should you have any suggestions for the dining services on campus.

| Thumbs Up | Thumbs Down | Who Cares? |
|---|---|---|
| Grouplove on Friday: Way better than that IndividualHate concert that Hamilton Secrets is hosting. | Keg Stands in the Library Email: Obviously, the only reason this didn't actually happen is because the librarians would never pose a health risk to the new carpet. | Points changed for possession of marijuana: Less pressure to explain why you and your friends are sharing a "cigarette" in a tight circle outside of Door 4. |
| Farm Party: Uphold Hillary Clinton's Central New York agricultural passions as you grind to "Red Solo Cup" in a pile of hay. | Professor Rock Concert on Thursday: Cool band titles include the Geoscience Rolling Stones, Pearl Joan and the CompLiteruses. | Sexsurveyinexchange for free Opus: I like my men like I like my paninis, full of mango, brie and caramelized onions. |
| Womyn's Center Hosts Powerful Talk on Sexual Assault: Her Campus hosts *Pretty Little Liars* viewing party. | Active Minds uses Comic Sans in Email: Begging the question of how active their minds actually are. | Hogwarts at Hamilton: What are the odds that someone makes a wand joke referring to their penis? |

*by Wynn Van Dusen '15, Carrie Solomon '16 and Jessye McGarry '16*

**Disclaimer:** The opinions expressed in this column are purely of a satirical nature, and are not representative of the views of *The Spectator* editorial board.

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# Letter to the Editor

## Real Talk addresses need for conversation on race

One of the special foci of Africana Studies is the analysis of how racial structures and their legacies in everyday life emerged, so we would like to address the community in the wake of the series of incidents following the Days-Massolo Center plan to discuss internalized racism. We were disheartened by the use of race-neutral language to control the kinds of discussions permissible on our campus. We also found highly offensive the *Daily Bull* flyer and anonymous posts. These incidents disrupted our classes because they were deeply hurtful to many students of color. The town meeting helped diffuse tensions, but we have much more work to do.

We cannot overstate the significance of race in defining the basic structure of American society. Although many groups in our society have been subjected to prejudice, racial discrimination across the black-white border runs through our history. Its legacy is still being dealt with today, but we have in many ways failed to face it. Through processes of racial formation, many people of color also face the legacy of white supremacy and privilege. Racism affects multiple communities on our campus. Much can be done to treat structural racism and how it is hidden from our consciousness while building knowledge of the workings of power in our world, country and even on our campus.

Many of our students come from parts of the country, communities and schools where they have never had to deal directly with the issue of race. In spite of visible progress in race relations, even those of us who endorse anti-racism can hold implicit assumptions about people of color, of which we are unaware. People of color often experience a continuous hum of negative stereotypes. For this and other reasons we believe it important for people of color to discuss "internalized racism" together, a topic that may evoke considerable pain and is not easy to make sense of, even among those most affected by it.

We acknowledge the need for conversations on race conducted by the DMC, but this is no substitute for rigorous attention to these topics in the classroom setting. We tend to see racial thinking as abstracted from our history and connected to the feelings and thoughts of individuals rather than the collective common sense of groups embedded in racial structures. Michelle Alexander, author of *The New Jim Crow*, invokes the metaphor of a birdcage to explain structural racism: "If one thinks about racism by examining only one wire of the cage, or one form of disadvantage, it is difficult to understand how and why the bird is trapped. Only a large number of wires arranged in a specific way, and connected to one another, serve to enclose the bird and to ensure that it cannot escape" (184). We urge the campus community to take concerted action to expose this birdcage by addressing the shortcomings in our system of education and working towards what France Winddance Twine refers to as "racial literacy." Through knowledge and effort, people from all backgrounds can achieve racial literacy, the ability to recognize that racism is a contemporary problem mediated by class; gender inequality and heterosexuality. And that whiteness still holds considerable cultural and symbolic weight in our society, affording a host of privileges to those who inhabit it. And since racial identities are learned, and produced through social practices, we can all learn to interpret racial codes and racialized practices.

Yours sincerely,
The Africana Studies Department

# SA Budget concerns yield new funding code

**By Patrick English '15**
*Opinion editor*

Student Assembly has run out of funding. While this may not be news to the majority of the student body, it certainly needs to be addressed. For the foreseeable future, student organizations across campus will attempt to host events without any financial support from Student Assembly.

As Sarah Larson '15 and Max Schnidman '14 assured me, this is not an abnormal occurrence. Student Assembly designed its funding code so that most proposals are submitted in October and allocated on a first come, first serve basis. It is normal for Student Assembly to run out of funding at this time; this year only different by its number of controversies.

The best known of these controversies involves Mock Trial. Schnidman explained, "Mock Trial usually requests around $10,000, and uses these funds in addition to the Ferguson Endowment." Mock Trial has used these funds to, among other things, ensure that its members do not have to stay four to a room on these trips. As Schnidman explained, clubs are expected to use their endowments first and then look to Student Assembly as a last resort. Mock Trial did not comply with this system, taking funds away from several organizations.

Mock Trial may not be alone in requesting more money than needed. While all funding requests should be addressed on a case-by-case basis, it is hard to look at the list of funding measures from the Oct. 7 meeting without seeing requests that do not make sense. Some societies run bigger operations than others, but that doesn't mean the Outing Club, Alpha Chi Lambda and the Asian Cultural Society all need over $4,000 when LiNK, STAND and Micro Finance all asked for and received under $200. The leadership of these organizations should have rethought the weight of their lofty proposals before submitting them to Student Assembly.

However, it is also Student Assembly's job to check these proposals. When large proposals like the ones earlier this month were submitted, Student Assembly should have met with the leaders of each club to make sure they understand the drain on the student budget from $4,000 proposals. It would make sense to curb the majority of these requests, perhaps giving the requested large amount of money only in special circumstances.

Regardless of this hindsight, as Student Assembly wrote in their minutes, there was "no funding this week." It should have read, "no funding for the foreseeable future." While rollback attempts are being made, it will be tough to find a significant amount of money to fund events and trips this semester. As Schnidman suggested, this could pose a problem for large, annual events such as the Citrus Bowl. With the event expected to happen in December, the Citrus Bowl cannot receive funding from Student Assembly. Instead, they will have to look to other means to fund this event. It seems as if students will have to wait this one out and find their funding within their clubs or from donations outside of student assembly.

The biggest news coming out of this front is Student Assembly's attempt at a new funding code. Schnidman and his committee have drafted the language and are planning on proposing a new code on Nov. 11. These changes will make funding easier in the spring and hopefully prevent controversies like the ones we had this semester.

Since little headway can be made this semester, student organizations and student assembly should use this as a learning experience for the future. Student Assembly will have a similar budget in the spring semester, meaning that student organizations should respect this number. They should work more with Student Assembly to make sure that they receive a reasonable amount of funding. At the end of the day, the discretion lies with Student Assembly; it should be careful not to allocate all of its funds so early in the semester.

# Pre-registration gives Class of 2018 choices

**By Courtney Kaplar '16**
*Opinion editor*

As a sophomore who plans on majoring in the subject area that my academic advisor specializes in, I do not have anything to complain about regarding the academic advising process here at Hamilton. I see my advisor on a daily basis, as he is one of my professors. However, I recognize that this is not true for all of my peers, many of whom were randomly assigned advisors in departments that do not reflect their interests. The administration sees, too, how this method of pairing might be ineffective and plans to implement changes to the first-year academic planning process which will address the problem of mismatched advisors and advisees. The new system will allow incoming first-years to choose their fall courses over the summer, before they even arrive at Hamilton, instead of choosing courses one to two days before the semester begins. Each first-year will be matched with a professor from one of those courses for advising.

> **"The new course policy will make registration and the first few months of college much more easy and enjoyable."**

This system will definitely be much better in terms of stress for new students because they will know what classes they are taking when they arrive at college, eliminating an unnecessary element of surprise and uncertainty. I remember looking at a list of courses over the summer that I might have the opportunity to enroll in, but my schedule would not be certain until the fall. While this list helped me to narrow down my class choices, I was still indecisive about what I was going to take up until I actually registered. Also, some of the class options changed from the time that I saw the list to when I actually registered in the fall. Under the new system, students would have more time to choose courses and would not be as frantic to register as incoming first-years typically are (or at least I was).

Also, knowing about classes beforehand will allow students to order or rent their textbooks, extinguishing another worry. It would have been especially helpful for me if I had been able to order textbooks before arriving on campus because I was not old enough as an incoming first-year to own a credit card, and HillCards are not accepted when renting textbooks. Both of these factors made the entire textbook process much more difficult than it should have been.

Lastly, I feel that this system is better because new students will not choose classes based on what their new friends are taking, but rather they will select classes that seemingly interest them. Hamilton has an open curriculum for this reason—so students can explore their passions—and pressures from friends can sometimes serve as a limitation.

This new system also includes an improvement in terms of academic advising. If new students interact with their academic advisors on a daily basis, there will probably be a closer relationship between student and advisor, rendering the entire process easier as the advisor will be more accessible.

Overall, it is evident that this new academic advising and course policy should be adopted as soon as possible. It will make registration and the first few months of college much more easy and enjoyable.

# Hogwarts at Hamilton brings wizarding world to the Hill

**by Jessica Tang '16**
*Features Writer*

Twelve years ago, four Hamilton students went above and beyond the expectations for Trust Treat site hosts. Rather than simply handing out candy to young trick–or–treaters from Utica, these 4002 residents transformed their living space into a haunted house, complete with the magical spells, potions and characters that *Harry Potter* fans know and love.

Soon what began as a small project with only four actresses playing all the recreated characters turned into a popular annual event, and not just within the Hamilton community. Once Hogwarts at Hamilton became an official club and began using campus spaces to perform, parents in the village of Clinton and neighboring communities were invited to bring their children to see the magical world come alive.

Although their inspiration is the *Harry Potter* series, Hogwarts at Hamilton participants fully use their creative abilities to come up with skits portraying new situations for the characters. These vary every year, although according to co-coordinator Ashley King '14, there are always four classroom scenes, including Potions and Defense Against the Dark Arts, as well as two common room scenes and an outdoor one. With all the creative freedom, Hogwarts still stays true to its roots. Much of the participants' creativity is manifested in improv, which is often used during rehearsals.

"Each [executive board] member generally picks a classroom and comes up with a basic idea, but the skits change and develop with who is in the classroom and who is in the audience. Generally we just start by coming up with a basic outline of a skit and then improv it over and over again until we like what we've come up with," said Alana Christopher '14, the other co-coordinator of Hogwarts at Hamilton, in an email.

Expanding on the heavy interaction with the audience, Christopher noted, "When we actually have the final performance the skit changes every single time depending on who is there. Sometimes we have audience members that are really excited to participate, sometimes the audience is very quiet, and everything in between. We try and match the skit to what the audience wants."

Wenlu Weng '16 recalls a particularly enthusiastic five-year-old who donned a Harry Potter costume and proceeded to chase Voldemort around Benedict. This became one her favorite memories from Hogwarts at Hamilton.

Christopher also recalls an eager visitorwho added his own touch on the Harry Potter experience.

"Someone in the audience who was dressed up for the farm party in a moose hat chased us around the room and only stopped when one of the students cast a spell on him."

COURTESY OF ASHLEY KING '14

**Care of Magical Creatures was a crowd favorite during the 2012 show.**

COURTESY OF ASHLEY KING '14

**Harry Potter (Josh Bridge '14) meets a fan after the show.**

Of course, recreating Hogwarts requires much more than just performing. "Executive members are also responsible for specific parts of setting up Hogwarts, such as costumes, props, budgets, and publicity," said King. "For costumes, boxes of old clothes are available for performers to use. Other actors and actresses in the Hamilton community help out with the set designs of specific rooms."

Because this annual event comprises so many moving parts, it's understandable that the club might face some obstacles it its production. King explained, "This year we had a little bit more of an added struggle trying to get funds to put on Hogwarts, but I think we have worked everything out, with a lot of help from Noelle Niznik."

Apart from minor funding issues, King also notes, "[Hogwarts] definitely is a lot of work every year, and it gets very stressful, but the students keep showing up to participate every year and that's what really keeps the show going." The bonds that students form during rehearsals and performances also keep the tradition of Hogwarts at Hamilton alive.

"Honestly I just love Hogwarts. It's an opportunity to just hang out with fun people and completely lose yourself in books that defined our childhood. I can honestly say that because of Hogwarts I've made lifelong friends," said executive board member Ben Fields '15.

King had similar views about the performances, noting, "My favorite part about Hogwarts is the people I got close to because of it. Alana and I certainly bonded through Hogwarts and now she is one of my best friends on campus. The first night we were on campus this year, she and I spent the night discussing our plans for Hogwarts."

Sharon Yam '16, a returning performer, referred back to the creativity and audience interaction as some of the most appealing factors of Hogwarts. "It's really cool to see how imagination can come to life when you have the right group of people... It's also really fun to see the audience get involved and experience the magic of Hogwarts. Some of the children are so excited for the show that they come dressed up as wizards and witches. They also try to jump in during scenes by casting spells on the Death Eaters."

Whatever the reason or combination of reasons, Hogwarts has certainly grown in popularity over the last 12 years. Today, there are about 60 students who participate each Halloween weekend, compared to the fewer than 10 who founded Hogwarts started out with. Neighboring communities are also very involved. "We have a lot of visitors who come every year and reach out to us even before we start publicizing the event wondering when it will be and hoping to make a reservation!" Christopher said.

Christopher also acknowledges the effect of the end of the Harry Potter series on the Hogwarts performances. "Even though the Harry Potter craze is dying down a little bit with the end of the last movie, hopefully Hogwarts at Hamilton will continue to be a presence here on campus."

This year, performances will be held in Benedict Hall on Friday Oct. 25 and Saturday Oct. 26 with performances at 5,6,8 and 9 p.m. on Friday and 4,5,6,8,9,10 and 11 p.m. on Saturday night. Reservations are not required but strongly encouraged. To make a reservation email hogwarts@hamilton.edu with your name, the number of people in your party and the date and time you wish to attend.

The event is free, but the club will be collecting donations for the Kirkland Town Library. Black Pearl Creations jewelry will be selling Harry Potter inspired crafts at the event and donating 30 percent of the money they raise to the Kirkland Town Library.

# Hamilton College Logic Puzzle #1

**by Russell Marcus**
*Professor of Philosophy*

**The Puzzle**

In my logic class, there are three sets of roommates, all living in doubles: Ashleigh, Belinda, Camille, Debra, Edna and Farah. On a recent test, Ashleigh got a 96, Belinda got a 92, Camille got a 90 and Debra got an 84. Edna and Farah did not put their names on the test. When I first graded the tests, I only knew that their two scores were 88 and 86. I did not know which grade Edna received and which Farah received.

When Edna and Farah came to class and identified their papers, it turned out that two pairs of roommates had the same total grades. (To be clear: the total grade for a pair of roommates is just the sum of their two grades.) Camille lives in South. Belinda lives in Babbitt. Debra's roommate had a lower grade than Edna's roommate.

**Questions**

1. Identify the three pairs of roommates.
2. What scores did Edna and Farah receive?

**Rules**

1. Complete solutions to Puzzle #1314.1: Logic Roommates, with a brief statement of your reasoning, may be sent to puzzle@hamilton.edu, or, via campus mail, to Russell Marcus, Philosophy Department.
2. Bald solutions do not merit prizes; you must explain your reasoning. Make sure to include your contact information, including class year, with your solution. A winner will be chosen among those who submit satisfactory solutions.
3. Anyone may play the puzzle, but only current Hamilton College students may win prizes.

**Prizes**

Prize winners receive a t-shirt or mug from Lulasail, home of the best philosophy t-shirts on the web.

**The Deadline for Puzzle #1314.1: Logic Roommates is Monday, Oct. 28, 2013, at 4 p.m. All entries must be received by that time. Visit our website: www.thatmarcusfamily.org/philosophy/HCPuzzles**

# Bachelor and Bachelorette

## *Reuben Dizengoff '15*

COURTESY OF REUBEN DIZENGOFF '15

**Hometown:** *New York City.*
**Home on Campus:** *The Pool.*
**Major:** *History.*
**Turn On?** *Honesty, her smile.*
**Turn Off?** *Miley Cyrus is still twerking.*
**If you were a dorm which would you be and why?** *Eells, I like to keep it classy, but every now and then it is Class and Charter Day.*
**Lights on or lights off?** *Off.*
**If you had to describe yourself as the love child of any two musicians, whom would you pick and why?** *Jay-Z and Beyoncé. I don't pop molly, I rock Tom Ford.*
**What advertising slogan best describes your life?** *Just Do It!*
**What TV genre best describes you?** *Entourage, if the show can be considered a TV Genre.*
**What's the best pick-up line you've ever used/had used on you?** *O baby you, you've got what I need!*
**What's your type?** *Sweatpants, hair-tied, chillin' with no makeup on...*
**What are three things you cannot live without?** *Mom's cooking, a pack of Orbit Peppermint Gum and Angel Soft—all the softness you want, all the strength you need.*
**If you were any social space, what would it be?** *The Hub. It makes for the best dance parties.*
**Where do you go when you want to be alone?** *On a bike ride.*
**If you could join one group on campus, what would it be?** *Tumbling After. They are aca-awesome.*
**What's your spirit animal and why?** *A moose, have you seen its antlers?*
**If you could break one rule at Hamilton and get away with it, which would you choose?** *Ringing the Chapel bell*
**What would you give a thumbs up?** *The Water Polo Team and Hamilton Hockey Season.*
**What would you give a thumbs down?** *Creamy peanut butter; I prefer chunky.*
**Who would you say is your campus crush?** *AA Leaders.*
**Who would you say is your faculty crush?** *Nancy Thompson.*
**What is the weirdest thing currently in your room?** *ATX Composite 1996-1997.*
**If you could remake the points system, what would be the number one offense?** *Not attending the DX Dance-Off (Its Nov. 16th in Bundy.)*
**If you were a food, which would you be and why?** *GORP, bringing sustenance and joy to all.*

## *Eliza Kenney '15*

COURTESY OF ELIZA KENNEY '15

**Hometown:** *Exeter aka Sexeter, NH (unfortunately, that's not a joke.)*
**Home on Campus:** *That random suite in Milbank where no one really knows each other.*
**Major:** *American Studies, and Dance and Movement Studies. (That's two majors, not three—it's all about the comma placement, ladies and gentlemen.)*
**Turn On?** *Being passionate about something.*
**Turn Off?** *Insecurity.*
**Lights on or lights off?** *Switch off those lights, switch on those little flickering LED candles—I'm all about that artificial romance.*
**What advertising slogan best describes your life?** *"Melts in your mouth, not in your hands"—but only because M&Ms have gotten me through my darkest moments, come on guys.*
**What TV genre best describes you?** *The BBC genre.*
**What's the best pick-up line you've ever used/had used on you?** *"You're not gonna believe this, but I've got your name tattooed on my ass."*
**What's your type?** *Definitely A, though I'm workin' on it.*
**What are three things you cannot live without?** *Music, dogs and quilts.*
**Where do you go when you want to be alone?** *Unoriginal but true: the Glen.*
**If you could join one group on campus, what would it be?** *People Who Like to Do Fun Things, because all I wanna do is have some fun.*
**What's your spirit animal and why?** *Ask anyone who lives in the Co-Op, they'll tell you my spirit animal and my spirit playground object and my spirit 90's pop song too.*
**What would you give a thumbs up?** *Hillary Clinton 2016 and Minar. At the same time.*
**What would you give a thumbs down?** *Deadlines. Also horror movies.*
**Who would you say is your campus crush?** *That guy who came to Opus that one time while I was working—you know who you are.*
**Who would you say is your faculty crush?** *Benj Widiss, if I understood for a half second what he says to me.*
**What is the weirdest thing currently in your room?** *A huge, pink, sparkly plastic owl.*
**If you could remake the points system, what would be the number one offense?** *Taking a class because it's easy.*
**If you were a food, which would you be and why?** *Teddie's Organic Unsalted Super Crunchy Peanut Butter, because I like to think that I also am organic and crunchy and super.*

# Tom's is your one-stop shop for health foods

**by Ali Gay '17**
*Features Contributor*

Just down the Hill on College Street, in the heart of Clinton, you'll find it: a hand-painted, robin's egg blue and nutmeg brown sign and a flag with a finger-pointing hand guiding you inside.

Once you take that first step over the threshold, the first thing you'll notice is the particular aroma of the small store, which is part-library and part-kitchen; the earthy smell of old wood speaks to the age and wisdom of the creaky hardwood floor panels, the shelves and the sturdy cabinetry, all of which seem to have absorbed nearly 40 years' worth of homey scents like organic granola, spices and ingredients ranging from Hungarian paprika to elderberry. Key-lime green wall paint and '70s and '80s wall posters further contribute to the anachronistic vibe of the shop, making you feel as if you've been transported to a previous era. Looking around you at the front of the store, you'll see jars upon jars of these diverse ingredients neatly labeled and organized on shelves; tiny bottles of vitamins, extracts and nutritive supplements; Clinton Pottery mugs hanging in the window; and hand-dipped candles. Nestled in the back, you'll find heaping white buckets of soybeans, cashews, almonds, Brazil nuts, black mission figs and assorted granolas for every craving. (The vegan New England Supernatural type is my personal favorite.) Tea fans need look no further—herbal and black varieties line the shelves of the store's rear corner, waiting to be purchased and steeped in a Clinton Pottery mug. Your tour of the store isn't complete, though, until you've checked out the tiny kitchen in the back-left corner of the store, where the smoothie magic takes place.

You've stepped inside Tom's Natural Foods, a health food store that has been a local favorite since its establishment in the early '70s. The eponymous business came to be when Tom Bell, who still manages and operates the store today, saw a need for a business through which locals could access the finest natural products and goods that Clinton and nearby regions within Oneida County could offer. The business idea came from Bell's passion for local agriculture, and revolves around his mission to provide goods "from the grower to the consumer," as he phrased it.

Within the past decade in particular, Tom's has made remarkable strides in building business relationships with local farms in order to supply students and community members alike with premium goods. The shop receives its grass-fed beef and dairy products from farms including Berry Hill Farm and Common Thread, and in the summertime, Bell stocks his shelves with the freshest fruits and vegetables straight from its own garden. The fresh-first mentality is evident in every aspect of the business, especially the smoothies that draw customers in time and time again; the oh-so-thick, "slurp-able" smoothies, a favorite among Hamilton students, are made from local yogurt, a vanilla almond Silk base, and a wide array of fruits, including bananas, mangoes, peaches and blueberries.

PHOTO BY ELIZABETH COMATOS '15

**Tom's boasts a wide variety of specialty foods.**

Apart from satisfying a large percentage of our student body with delicious beverages, Tom's Natural Foods has sustained the Woollcott Co-Op House for a number of years. Thanks to Tom's, students who reside in the Co-Op dorm are able to cook their own homemade meals instead of relying on a dining plan—something Woollcott residents (and the friends they invite to dine at the Co-Op) deeply appreciate. With that said, it's no surprise that Tom's has maintained a symbiotic relationship with the College and its student body—we support the business, and in turn, garner satisfaction of the mind, body and soul from the wide array of goods and products the store makes available to us.

When asked what he considers the best part of being a Clinton shop owner, Bell told me without the slightest bit of hesitation that the people make his business and its location meaningful to him. He loves the local customers who visit the store on a regular basis, as they keep his business alive and running, in addition to supporting the local economy. There's no doubt that community members feel the same way about having a man like Tom Bell running the business; on any day of the week, you can find him manning the cashier, stocking the shelves or preparing the next batch of smoothies for the crowd of nutrition-hungry Hamiltonians that are bound to burst through the door at any given moment. Bell is no novice when it comes to local, natural goods; he's constantly reading and learning more about natural goods, and continues to implement all that he knows and discovers in order to maintain Tom's Natural Foods and keep his customers coming back for more.

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# Grouplove headlines Campus Consciousness tour: live music with a sustainable message

**by Max Newman '16**
*ARTS & ENTERTAINMENT EDITOR*

The dynamic indie rock band Grouplove, along with label mates Saints of Valory and electronic duo The Knocks, are making a stop at Hamilton tomorrow as part of their 2013 Campus Consciousness Tour.

Grouplove begins the tour a month after releasing their sophomore album *Spreading Rumors* on Sept. 17. Rolling Stone Magazine describes the music as "shaggy arena rock for the pool-skating set, like Arcade Fire with a seventh-grade sense of humor."

The Los Angeles based band consists of Hannah Hooper (vocals, keys), Christian Zucconi (vocals, guitar), Sean Gadd (bass, vocals), Andrew Wessen (guitar, vocals) and Ryan Rabin (drums). The friends formed the band in 2009 and were signed to Atlantic Records as they released their self-titled EP in January 2011.

Since then, the band has toured with Foster the People and Two Door Cinema Club, as well as on the biggest summer stages at the Coachella Valley, Sasquatch! and Bonnaroo music festivals.

According to Atlantic Records, the college music tour will reach schools across the Midwest and Northeast regions. However, the tour is unique in that concerts are only half the goal. Grouplove, in partnership with REVERB and Rainforest Alliance, hopes to raise awareness about environmental sustainability on college campuses. "The College Consciousness Tour is a fun and engaging way to bring this message to life," said President Tensie Whelan of Rainforest Alliance.

At each college there is a "consciousness-village" set up the day of the concert. The Hamilton Environmental Action Group (HEAG) is organizing the educational, fun-filled afternoon tomorrow from 11 a.m. to 3 p.m. in Beineke Student Activities Village.

PHOTO COURTESY OF ATLANTIC RECORDS

**Los Angeles based indie rock band Grouplove will be stopping at 12 colleges around the nation during their "2013 Campus Consciousness" tour to promote sustainability on college campuses.**

Students are strongly encouraged to participate in REVERB's $10,000 grant challenge to formulate the "best sustainable innovation idea." REVERB will begin accepting submissions Oct. 24, and the winner will receive the grant to implement their idea with professional help.

If environmental studies is not your strong suit, Rainforest Alliance has an opportunity for artists. Grouplove's frontwoman Hannah Hooper will join students in taking the "Follow the Frog" pledge "to collaborate on an original painting based on the theme of sustainability."

Hooper became interested in the project because of her experience with art. In fact she is the band's art director, an uncommon combination of skills that contribute to Grouplove's unique persona.

The purpose of the project is to inform consumers of the importance of sustainability when shopping for products. For further information on the project, visit campusconsciousness.org.

HEAG will also have a table with giveaways, including temporary tattoos, according to HEAG President Nora Boylan '15. Then comes the other half of the tour. At 8 p.m. (doors 7:30 p.m.) the fun will conclude with The Knocks, Saints of Valory and headliner Grouplove.

## A&E quick pick

# F.I.L.M.

**Forum on Images & Language in Motion film series**

IMDB.COM

## 10/24: Lucien Castaing-Taylor, in person

## Leviathan (2012)

Leviathan is a category-confounding feature—an "avant-doc"—that is, on one hand, a riveting documentary about the sensory world of commercial fishing out of New Bedford, MA; and is at the same time, a virtually hallucinatory experiment.

90 minutes. 2:00 p.m., Bradford Auditorium KJ 125

# 'Gravity' soars past stock cinema

VARIETY.COM

**George Clooney plays the familiar role of confident and seasoned professional.**

**by Brian Burns '17**

*Arts & Entertainment Contributor*

It's true that the majority of mainstream cinema is in a sorry state of affairs with regard to creativity. Sequels and reboots crowd the schedules of major studios, and original content is in danger of being squeezed out. It doesn't help that TV and the internet are quickly catching up in terms of quality with cinema-worthy programs like *Breaking Bad* and *Game of Thrones*. It's time for a comeback for film; it's time for a movie like *Gravity*. Alfonso Cuarón's follow-up to *Children of Men* is not only an important original work and a dazzling spectacle of a film—it makes a case for the medium of cinema as a whole. *Gravity* takes advantage of the wide screen in such a way that its power would be diminished if viewed anywhere else. Cuarón pushes boundaries so much that he forces one to re-evaluate cinema's potential.

The plot of *Gravity* is intentionally simple, concentrating on two astronauts stranded in space after the devastation of their spacecraft. Sandra Bullock plays Dr. Ryan Stone, a novice space traveler on her first expedition into the void. Clooney is her reassuring astronaut partner: the professional, confident character that he often plays.

It is stating the obvious to say that *Gravity* is a thing of beauty. It contains computer-generated imagery that is seamless in relation to the work of the flesh-and-blood actors. Since *Avatar* started the revolution of 3D films in Hollywood, many prolific directors have taken advantage of the format to tell their stories. Martin Scorsese's *Hugo* and Ang Lee's *Life of Pi* both helped prove that it was more than just a gimmick. However, Alfonso Cuarón makes the strongest argument yet for the third dimension in *Gravity*. The audience has no choice but to be involved in the action as debris is hurled at the screen and the camera spins through the vacuum of space.

Before long it seems that the film's story will be destined to fall short of its visuals, and there is some truth to that sentiment (it would be hard for any film's story to compete). For example, Sandra Bullock appears to function merely as a stand-in for the audience at first, with her primary emotion being panic as she is tossed through the inky void. Even her tragic backstory feels like a tacked-on character trait. However, as Stone discovers her strength, her prior experience with loss proves to be central to the film's theme of survival under any circumstance. Cuarón pits his lead character against the void of space, in a situation that grows more deadly with each minute. One scene in particular is particularly poignant (especially given Bullock's subtle acting in the scene, which she rarely has the opportunity to use otherwise in the film), while Stone believes she is going to die as she talks to a man who does not speak her language. The audience is often left to wonder if Stone has the will to continue her struggle for survival. However, *Gravity* proves to be a study in the ability to find hope against all odds.

Though some interesting ideas are parceled through in *Gravity*, the film does not manage to sidestep some clichés. Some of Bullock's lines as the final act rolls to a close are obvious, and a hallucination provides an easy *deus ex machina*. The musical score can be overpowering, especially when the silence of space is so much more effective.

All considered, *Gravity* feels like Cuarón's most earnest effort to date. I include even early efforts like the sexy Mexican drama *Y Tu Mamá También* in that statement, for *Gravity* clears house on all the affectations of storytelling. There are no labyrinthine twists, nor are there dual narratives featuring the reactions of mission control on Earth to the plight of the astronauts. It is the story of a single woman who is determined to endure. If you do decide to see it, it is essential that you not wait for the DVD release. See it in 3D, and in IMAX if possible. Magic of this variety can only be witnessed on a big screen.

# WHCL CORNER

**Show Profile:**

***Humps-4Bumps***

**Saturday, 11 a.m.**

*with*

**Lily Johnston '16**

**Sounds Like:**

Witty banter mixed with scientific talk mixed with jazz and alternative indie

**Expect to hear:**

Talk/Music

**Guilty pleasure song?**

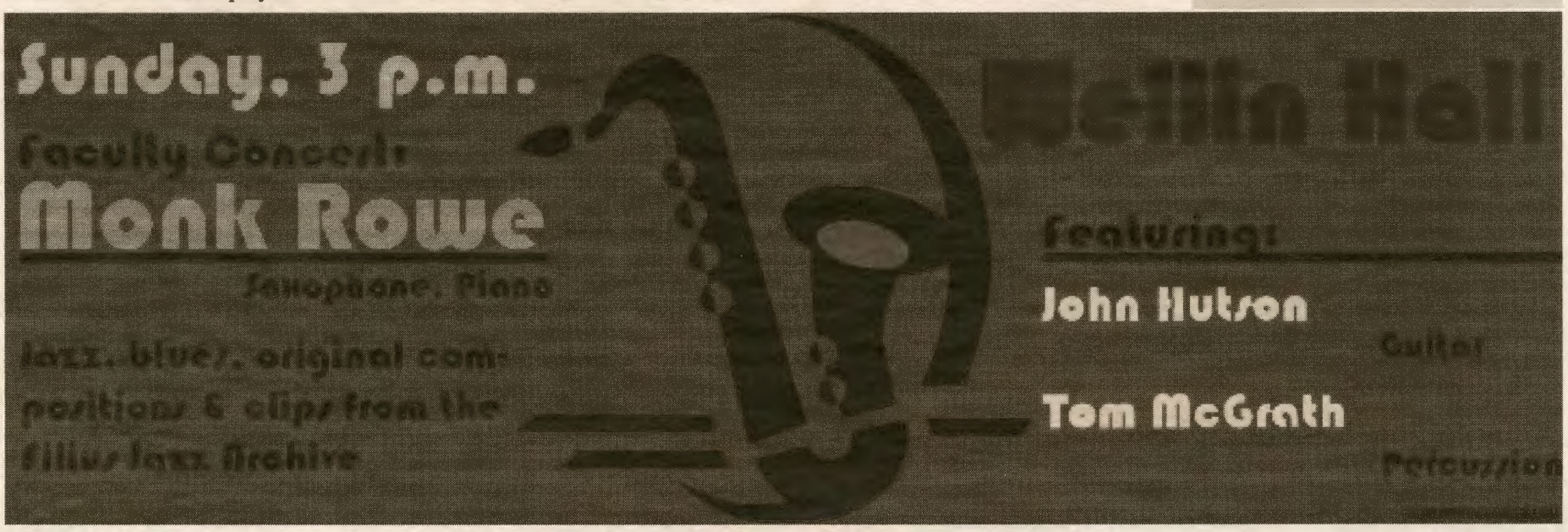
"Blood" by The Middle East

**This song goes out to...**

My grandmother and Katie Loftus!

**What you can expect to hear:**

Of Monsters and Men, Doris Day, Caroline Rose, Mumford and Sons, Ella Fitzgerald, Pomplamoose



Hamilton's career shadowing program is designed to assist students with career exploration and decision making by offering the opportunity to "shadow" (observe) a Hamilton alumnus/a or parent in the workplace for a day or part of a day. By observing the nature of the work first-hand and asking questions of the alum/parent sponsor, students acquire insight into a career field and determine the suitability of that career.

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Hamilton.edu/careercenter/shadowing

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# Women's soccer stays tough, looks to finish strong

**by Sterling Xie '16**
*Sports Writer*

Two weeks ago, the Hamilton women's soccer team found itself at a crossroads, about to embark on a difficult three-game set against highly-ranked NESCAC opponents. And yet, after dropping all of those games despite arguably outperforming the opposition in all three, the Continentals rebounded with a scoreless draw against Colby and a resounding 4-0 win over Utica, once again leaving themselves at a crossroads. For Hamilton to get over the hump, the rest of their season is all about finishing out each remaining game strong.

> **"We have the ability to win any time we step on the field, no matter the opponent!"**
> *—Hannah Withiam '16*

In 0-2 and 1-3 losses to Amherst and Bowdoin, respectively, the Continentals actually outshot both teams. Hamilton looked especially strong against Bowdoin, scoring nine goals in the first half compared to the Polar Bears' three, before three goals in the final 20 minutes sunk the Conts. Those games were emblematic of the missed opportunities this year—despite ranking fourth in the NESCAC with 198 shots on goal, Hamilton has only scored five times in conference competition, tied for the second-lowest output.

Nevertheless, the Continentals still find themselves in the thick of the playoff hunt, currently sitting seventh. Moreover, with positive results in the past two games, the payoff is starting to arrive for the team.

"I thought we generated good chances, but it's just a matter of finishing them off," said Head Coach Colette Gilligan. "We're getting closer, and the touch was there in our most recent win [over Utica]. I think the most important thing is that we know we can compete with these teams."

Indeed, that seems to be the takeaway message from the discouraging three-game losing streak. On one hand, the Continentals missed a golden opportunity to climb their way up the NESCAC standings, as they can finish no higher than seventh. However, the past two games have reaffirmed that the team is better than that placement, and is fully capable of pulling off an upset in the postseason should they reach the eight-team tournament.

Though she has yet to score this season, sophomore Hannah Withiam has supplemented the offensive attack with stability in the midfield. Fifth on the team with 22 shots and fourth with five shots on goal, Withiam is similarly faithful that the tangible results will come eventually.

"We've learned that having more possession of the ball and taking more shots than the other team will not always win us games," says Withiam, "We have to push each other to finish the chances we have and put teams away early on in games. That mindset is crucial going into our last three regular season games."

Before they can prove themselves, however, the Continentals must first lock up a playoff spot. Hamilton sits atop a five-team race for the final two playoff spots, one point ahead of Connecticut College and Colby, two points ahead of Bates and three points ahead of Wesleyan. With two NESCAC games remaining against Tufts and Williams, Coach Gilligan knows her team is facing crunch-time, but also has the ability to pull through.

"Our last two conference games are our most important games of the season," she said. "I know we're certainly capable of winning both if we execute like we're capable of doing. Hopefully we can get into the postseason and make up for some missed opportunities there."

Withiam echoed her coach's comments saying, "At this point, there is no use in looking backward and dwelling on what we could have done better. All we can do is stay positive, focus on our own team, and plan for the next game on our schedule."

Following the 4-0 win against Utica last Sunday, the Conts are hopeful to improve their standings in their final home game of the season against Tufts this Saturday at 12 p.m. Looking toward these games, Withiam comments, "I have high hopes for this team and I believe we will finish strong because we have the ability to win any time we step on the field, no matter the opponent!"

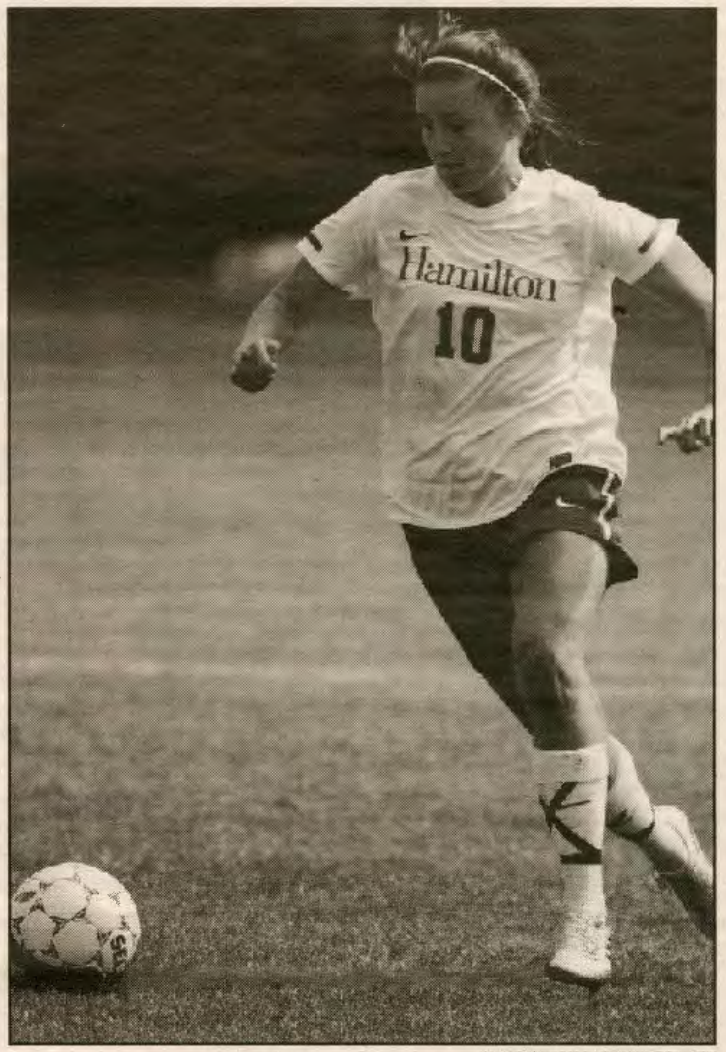


PHOTO COURTESY OF MIKE DOHERTY

**Senior Lauren Brady lines up for a free kick as Hamilton women's soccer solidly defeated Utica College.**

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# Men's soccer maintains winning streak at home

**by Yoshi Hill '16**
*Sports Writer*

This season, the Continentals (4-5-3 overall, 2-3-3 NESCAC) have transformed Love Field into their fortress and last Saturday's emphatic display against the Colby Mules further demonstrated that the men's soccer team can compete with anyone at home. In their last home game on Oct. 5 against Amherst, the number two team in the nation, the Continentals battled to a breathtaking 1-1 draw in double overtime.

Intent on building upon this dramatic result, the Continentals approached their next home game against Colby on Oct. 19 with both confidence and the knowledge that victory was essential if they were to maintain hopes of making the eight-team NESCAC playoffs.

It did not take the Conts long to assert themselves and show how they have grown this season. Junior Dan Kraynak scored two minutes in with a swerving 20-yard shot made possible by a brilliant touch pass from captain Leo Nizzi '14. The shot evaded the Colby keeper and punched the net on the far post. However, Colby refused to be disheartened after such a rapid goal and responded with a goal made by senior Grey Benjamin in the 12th minute.

Nevertheless, the Conts extinguished any hopes of a Colby revival with the in-form Kraynak volleying the ball in after a well-placed Nizzi corner and junior Trevor Bobola's subsequent flick that set him up perfectly. With his third goal in two home games, Kraynak added to his team-leading four goals. Unwilling to let up and give the Mules another chance to equalize, Hamilton pressed forward on the attack.

> **"I hope our fans will help lead us to victory."**
> *—Coach Perry Nizzi*

Nizzi had one of his best games of the season with two assists, leaving him a mere two assists short of tying Hamilton's all-time record. His assists directed a free-kick right to Jacob Frost '15 who left the Colby goalie helpless with an excellently placed header and opened his Hamilton scoring account.

Even in the face of a two-goal deficit, the Mules continued to fight, concluding the day with ten shots to Hamilton's 16. The Continentals' defense held on against their feisty opponents, with center-back Ethan Kelly '14 performing excellently in place of injured Buck Reynolds '15. Head Coach Perry Nizzi commented that Kelly was "spectacular organizing the defense" over the course of the game.

Hamilton ended any hopes that Colby may have had in the 80th minute, when Robert Morris '17 sent an excellent through pass to winger Griffin Abbott '15 on the right side of the field. After beating his man, Morris crossed to an onrushing Erich Marcks '16, who then hammered the ball past the goalie and ensured that Hamilton's perfect home record remained untarnished.

This decisive victory preserved Hamilton's chances of qualifying for the playoffs, something they have not achieved since their move from the Liberty League to the NESCAC. Coach Nizzi remains confident, remarking that with a full strength side, they "are one of the top teams in Division III." In addition, the Continentals are undefeated when they have scored.

Brimming with confidence from a key victory over Wesleyan on Sept. 28, as well as an added 2-1 win over Utica on Oct. 22, men's soccer is the team to watch this season.

The team concludes its home schedule in the NESCAC this Saturday at 2:30 p.m. against Tufts, with their playoff dreams on the line. Coach Nizzi exhorted the Hamilton community to support the soccer team, saying, "I hope our fans will help lead us to victory."

Following their final home game on Saturday, men's soccer will travel to Williamstown, MA to take on the Ephs in their final regular season game. With Williams siting in a solid fourth place in the NESCAC, a road win to finish the season would be huge for the Continentals, and give them confidence as they hopefully go into the playoffs.

PHOTO COURTESY OF MIKE DOHERTY

**Dan Kraynak '15 played a crucial role in the Continentals' win over the Mules last Saturday.**

# Crew hits the water at Head of the Charles

**by Kaitlin McCabe '16**
*News Editor*

In its 48th year, the annual Head of the Charles regatta in Cambridge, MA, the largest crew regatta in the United States, proved to be no less of a thrilling competition for the Hamilton men's and women's crew teams.

This season, the teams are starting off with a talented roster of rowers. Six of the eight rowers plus the coxswain are returning members of the Hamilton College men's crew varsity eight entry that raced at the 2013 National Invitational Rowing Championships (NIRC). Max Geiduschek '14 and Grant Meglis '14 are three-year varsity letter winners and Kyle Leahy '14 and Gardner Reed '14 round out the senior class.

Meanwhile, Caroline Walton '15, who was a 2013 Collegiate Rowing Coaches Association (CRCA) Division III second team All-American and earned a spot on the NESCAC and Eastern College Athletic Conference all-conference teams, leads Hamilton College women's crew. Walton rowed in the 5-seat for Hamilton's varsity eight at last season's National Invitational Rowing Championships (NIRC) and is one of seven rowers from that boat who are returning this season. Four seniors, including three-year varsity letter winner Keara Fenzel, are also on the roster. The others are Mollie Major, Leah Sorensen and Becca Straw. Impressively, the women finished sixth out of 38 entries in the collegiate fours at last year's Head of the Charles regatta.

Thus far, the Continentals have competed in one home regatta—the Bridge-to-Bridge regatta on the Erie Canal—on Oct. 12, in which both teams finished in third place. Head Coach Eric Summers is proud of the hard work the teams have demonstrated this season: "We have made some nice progress this fall. We implemented a few changes in our rowing technique and raised the expectations of the team which will make a big difference in the spring season."

Last weekend, the Hamilton teams joined over 9,000 athletes and 300,000 spectators along the banks of the Charles River for the ultimate two-day rowing competition. Summers was not intimidated by the competition that would be faced at the event, commenting:
"The competition is always very high at the Head of the Charles. This is the race during the fall season and I thought we did a decent job. All of our crews raced well and gave everything they had," he said.

At the Head of the Charles, the Continentals competed with two men's boats and two women's crews. In the men's double sat returning rowers Geiduschek and Jack Wildman '15; the men's four included coxswain Sawyer Konys '16, Meglis, Leahy, Jared Lippman '16 and Landon Morin '16. The women's four held coxswain Sydney Cantor '16, Straw, Margaret Hylas '15, Keara Lynn '16 and Erin Gerrity '15. Competing in the women's eight were Heather Piekarz '16, Sorensen, Fenzel, Meredith Garner '15, Maddy Maher '17, Lily Trapkin '17, Grace Bowers '15, Ally Kontra '15 and Nina Byers '16.

The men's team finished in 21st place, while the women placed in 20th place.

This Saturday, the teams will travel to Philadelphia, PA to compete in the Head of the Schuylkill regatta. Until then, and for the rest of the season, Summers and the entire Hamilton Crew teams are dedicated to improving their techniques and working toward their full potential through "getting fitter and stronger, and gaining experience with our fall racing."

There is no doubt that should the Hamilton teams successfully accomplish these objectives, they will fulfill their goals for the spring season of winning dual races. Ultimately, the team hopes to place high in both the New York State Championships and the ECAC National Invitational, with an eye on making it to the National Championships.

PHOTO COURTESY OF HAMILTON COLLEGE ATHLETICS

**Hamilton women's crew rows during the 48th annual Head of the Charles race in Cambridge, MA. The women took 20th in the collegiate eight.**

H SPECTATOR SPORTS
October 24, 2013

# Volleyball breaks longest winning streak in the NCAA

**by Ben Fields '15**
*Sports Editor*

The SUNY IT Wildcats had not lost in twenty-four matches, countless sets and almost three months. Then the Continentals came to town. On Oct. 15, Hamilton travelled down the road to Marcy, NY to take on the formidable Wildcats, in what looked to be one of their most challenging matches of the season.

Facing a team with the longest winning streak in all conferences of the NCAA, most casual observers would think that the Continentals would not have a chance. But the tenacity and drive of Hamilton's volleyball team came through as it dominated the last three sets of the game to grab a solid road victory against SUNY IT.

Led by junior Emma Lonadier's 15 kills, 12 digs and three service aces, the Continentals took control of the match from the second set straight through to the end. Although they dropped the first set, they came back to win the next three 25-23, 25-23 and 25-22, not giving the Wildcats a chance to gain their footing again in the match.

Head Coach Erin Glaser said, "The SUNY IT game was a great win for our team. Our team has been working incredibly hard, and it was great to see all that hard work pay off with a solid win." Playing in the NESCAC, one of the nation's strongest conferences across the board, has both challenged the team throughout the season and allowed them to go into the game against SUNY IT with confidence and poise.

The Continentals have faced a particularly challenging schedule this year, as eight of the 12 NESCAC schools have posted winning records overall. Coach Glaser noted that while statistically there may be some clear leaders on the team, it is entirely a team effort on every point. "The great thing about this team is that everyone contributes and has an important role to play," she said.

Within this team, Captain Sarah Pfund '14 has had a solid showing as setter, despite spraining her wrist earlier in the season. While in the back row, Anna Brown '15 and Emily Rosen '15 have anchored the defensive effort. Brown recently got her 1,000th dig and is on pace to break the school's all-time dig record.

**"Our team has been working incredibly hard, and it was great to see all that hard work pay off with a solid win."**
*—Coach Erin Glaser*

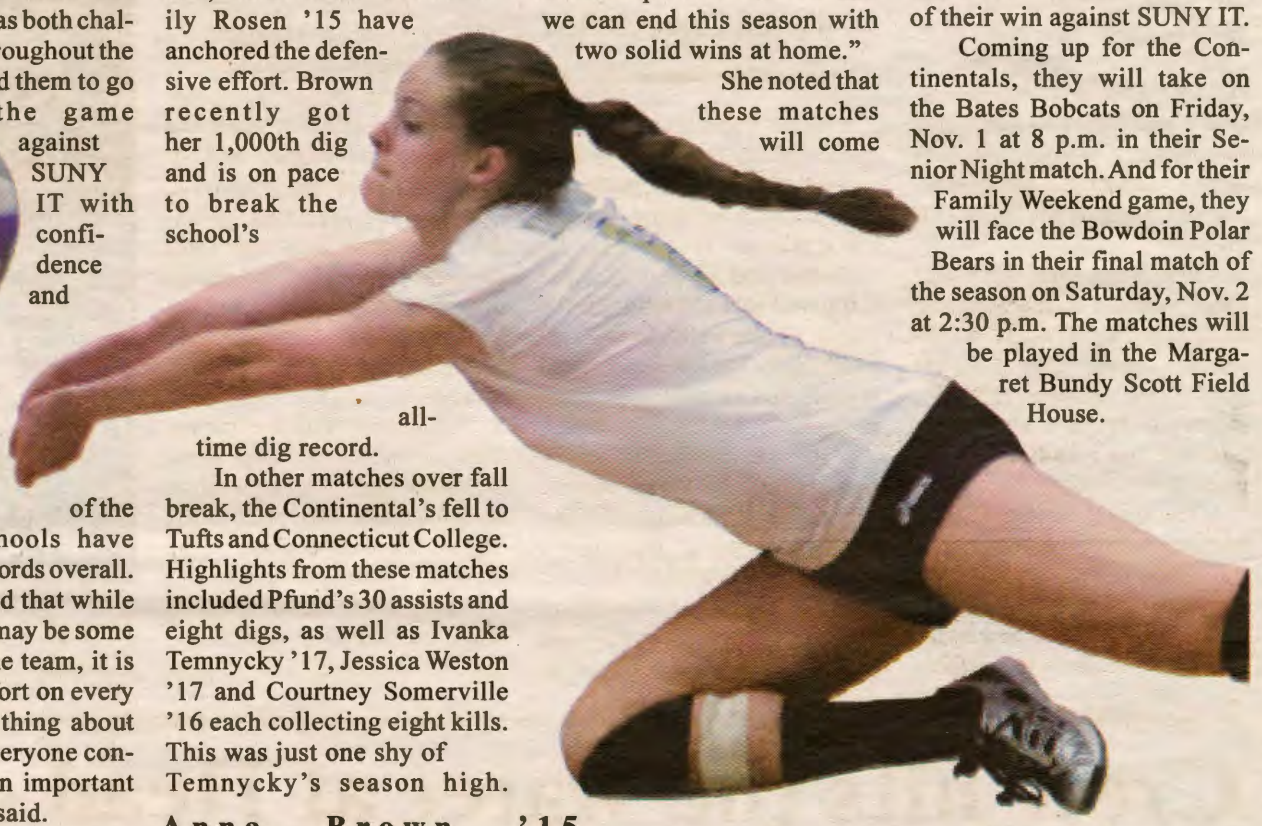
In other matches over fall break, the Continental's fell to Tufts and Connecticut College. Highlights from these matches included Pfund's 30 assists and eight digs, as well as Ivanka Temnycky '17, Jessica Weston '17 and Courtney Somerville '16 each collecting eight kills. This was just one shy of Temnycky's season high.

Currently, first-year Jessica Weston leads the team with 127 kills, while Brown tops the list with 24 service aces.

Looking ahead to their last matches of the season, Hamilton will take on Bates (10-14, 2-6 NESCAC) and second-place Bowdoin (18-4, 7-1 NESCAC). Although each match will be challenging, Coach Glaser says, "I one-hundred percent believe that we can end this season with two solid wins at home."

She noted that these matches will come down to composure and mental toughness more than anything else. Last season, Hamilton defeated Bates solidly with a 3-1 win in Lewiston. Their previous success on the road against the Bobcats should give the Continentals confidence going into this Friday's match. With home court advantage, and the energy of their fans, Hamilton will look to repeat their performance from 2012, and build off of their win against SUNY IT.

Coming up for the Continentals, they will take on the Bates Bobcats on Friday, Nov. 1 at 8 p.m. in their Senior Night match. And for their Family Weekend game, they will face the Bowdoin Polar Bears in their final match of the season on Saturday, Nov. 2 at 2:30 p.m. The matches will be played in the Margaret Bundy Scott Field House.



**Anna Brown '15 has made over 1,000 digs in her collegitate career and is on her way to breaking Hamilton's all-time dig record.**

PHOTO COURTESY OF MIKE DOHERTY

# Athlete of the Week: Cross Country's Adrian Walsh '16

**by Sirianna Santacrose '15**
*Sports Editor*

On Oct. 12, the women's cross country team tied for first place out of 13 teams in the Hamilton College Cross Country Invitational, which was the team's best showing at this Invitational in five years. A star in the lineup was sophomore Adrian Walsh, who placed second individually in the five-kilometer race with a time of 17:59.5. This time is the fourth fastest recorded by a Hamilton runner in the history of the Hamilton Invitational.

A native of Bozeman, MT, Walsh knew that coming to Hamilton would be a long way from home. However, after her college counselor recommended she add Hamilton to her college list, Walsh was convinced to take a closer look. Having run cross country and track since her first year of high school, Walsh saw "Hamilton's Division III program [as] an added appeal to the school." She was able to asimilate to the team quickly despite missing her first year in London as a January Admit.

At the Oct. 12 meet, Walsh came in second in the individual times only to Olivia Robertson of the Ottawa Lions, who finished the five-kilometer course with a time of 17:48.4. Robertson and Walsh were the only two athletes out of 148 to finish the race in under 18 minutes.

Although Walsh was nervous before the race, she said, "I've learned that having confidence before getting to the start line is incredibly important. After the gun goes off, it's all up to my body and legs to do the real work."

Though proud of her performance, Walsh humbly added, "I try not to pay too much attention to my time; the accomplished feeling at the end of the race is far more rewarding to me." In terms of preparing for the race, she noted that she has found Head Coach Ellen Hull's strategy of often having the team run in packs to be a helpful way to push each other and improve each runner's times.

Coach Hull commended Walsh for her performance earlier this month. "Adrian has had a breakout season," she said. "She came off of last year's track season running some personal best times in the mile and seemed highly motivated to train over the summer... I'm so proud of all her hard work and focus this season."

Looking ahead, Walsh is hoping to improve her times as the season progresses. Her ultimate goal for her team is to qualify for the NCAA Division III Nationals, which will be determined at the NCAA Division III Atlantic Regional Championships in a few weeks. Coach Hull is also excited to see where the season takes the team and feels confident in its ability to succeed; "This year, we have the right blend of great upperclassmen leadership, good team chemistry and a bunch of talent."

With this combination and chemistry, there is no telling how far athletes like Walsh and the rest of her teammates can go this season. The Continentals will host the 2013 New York State Collegiate Track Conference Championships this Saturday, Oct. 26 at 11 a.m. Depending on the results of this weekends races, Walsh and her teammates travel to Castille, NY to run at the Atlantic Regional, and then it is off to Hanover, Indiana to run at nationals.

PHOTO COURTESY OF HAMILTON COLLEGE ATHLETICS